

Chicken, Rice and Fruit Salad

Makes: 3 servings

Leftover rice? Use it in this fruit and chicken salad for a new spin on chicken salad. Serve the dish on lettuce leaves.

Ingredients

- 1 cup** brown or white rice, cooked
- 2 teaspoons** parsley, dried (or 2 Tablespoons fresh, finely chopped)
- 1/2 teaspoon** black pepper (ground)
- 1/4** clove garlic (finely chopped)
- 1 tablespoon** Ranch dressing, fat-free
- 2 tablespoons** mayonnaise, fat-free
- 1 cup** apple or cantaloupe (cut into chunks)
- 1/3 cup** grape halves (red or purple, cut into chunks)
- 1/2 cup** celery (chopped)
- 1 1/4 cups** chicken, cooked (cut into bite-size pieces)
- 6** lettuce leaves

Directions

1. Wash your hands and work area.
2. If not using leftover or "planned over" rice - cook rice according to package directions without adding salt. Chill.
3. In a serving bowl, mix parsley, black pepper, garlic, dressing, and mayonnaise together.
4. Add cooled rice, apple, grapes, celery, and chicken. Stir gently.
5. Serve cold on a bed of clean lettuce leaves, if desired.

Nutrition Information

Nutrients	Amount
Calories	230
Total Fat	3 g
Saturated Fat	1 g
Cholesterol	50 mg
Sodium	200 mg
Total Carbohydrate	29 g
Dietary Fiber	3 g
Total Sugars	10
Added Sugars included	N/A
Protein	21 g
Vitamin D	N/A

6. Cover and refrigerate leftovers within 2 hours.

Notes

A child could wash the fruit and help remove the seeds.

Note: Recipe analysis was done using brown rice

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